Holy Quran Healing

Untuk Menghilangkan Kesedihan Hati Yang Mendalam (Deep Sadness)

Versi Bahasa Inggris

Jannah Firdaus Mediapro & Cyber Sakura Flower Labs

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by

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2022

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Holy Quran Healing Untuk Menghilangkan Kesedihan Hati Yang Mendalam (Deep Sadness) Bersumberkan Dari Kitab Suci Al-Quran Dan Al-Hadist Versi Bahasa Inggris.

Allah SWT (God) has revealed The Holy Quran as a guide for mankind and jinn race until the end of time, giving us a guide to help us through hardship, depression and deep sadness.

Some surahs and verse from The Holy Quran are valuable reading during depression and anxiety, as their meanings and messages can help alleviate stress and depression plus improve our mental health healing inshaa Allah SWT (If God Willing).

Bab 1 Surat 093 Ad-Duha (The Morning Hours)

Allah SWT (God) revealed Surah Duha at a time when our Prophet Muhammad SAW was depressed, to soothe him. For the man who suffered the most in this world, it was something very soothing.

The Surah reminds the prophet of the blessings that Allah SWT has opened for him and asks him to help the poor and the needy and to make mention of the blessings of Allah SWT upon him.

Bab 2 Surat 094 Al-Inshirah (The Solace)

Along with Surah Ad-Duha, Allah SWT also revealed Surah Al-Inshirah, Surah 94, in the Quran. Allah SWT tells Prophet Muhammad SAW about how Allah SWT had eased the pain that the prophet felt internally by revealing to him The Noble Quran.

Allah SWT mentions how He will raise the mention of His prophet around the world, and today every second somewhere on earth the adhaan is going on and someone somewhere is saying Ashadu anna Muhammadar Rasulullah.

Allah SWT also mentions that both before hardship and after hardship is ease. Then He instructs the prophet to pray to His Lord after he is done with his duties to the people.

Bab 3 Surah 012 Yusuf (Prophet Joseph AS)

Among the early surahs revealed to the prophet sallallahu alayhi wasallam was Surah Yusuf. This is a unique surah in The Noble Quran in that most of it relates just the story of one prophet of Allah SWT, Prophet Yusuf AS (Joseph).

Countless lessons can be derived from this surah and a lot of it has to do with dealing with hardship how Prophet Yaqub AS and Prophet Yusuf AS dealt with pain and suffering in this world and how Allah SWT (God) elevated both of them due to their patience. This was also a surah revealed to the prophet to console him, and this should work brilliantly for us too!

Bab 4 Surah 055 Ar-Rahman (The Lord of Mercy)

Surah Ar-Rahman probably has the most vivid imagery of both Jannah Firdaus Paradise and Jahannam Hellfire. It also tells us of so many blessings of Allah SWT (God) that are mentioned within it.

It is a surah that is soothing to the ears, calming on the heart, and food for the soul. With its beautiful imagery, description of Jannah Paradise, and a mention of the blessings of our Lord, it can take us out of depression and sadness.

Bab 5 Surah 114 An-Nas (The Mankind)

A lot of times depression has a lot to do with low self-esteem and self-doubt. A lot of it is exaggerated by the whisperings of Shaytan (Devil) who has sworn to deviate every last human being he can on planet Earth.

However, Allah SWT (God) is The Most Merciful and among the surahs he has revealed to combat the whispers of Shaytan is Surah An-Nas. Reciting it often can help in removing doubts and whisperings. This is a surah which brings protection from Allah SWT The Creator of Earth & Heaven.

Bab 6 Surah 001 Al-Fatihah (The Opening)

Surah al-Fatihah is a cure for physical and also spiritual ailments. Surah Al-Faatihah has special blessings as was specifically mentioned by the prophet (s.a.w.). In one of the hadith the Prophet Muhammad SAW told us that it was the greatest surah of The Noble Quran. This surah can be used to ward off evil and for general healing.

Abu Sa'id Ar-Rafi' bin Al-Mu`alla (radiAllahu anhu) reported:

The Messenger of Allah (salAllahu alayhi wasalam) said, "Shall I teach you the greatest Surah in the Qur'an before you leave the mosque?" Then he (salAllahu alayhi wasalam), took me by the hand, and when we were about to step out, I reminded him of his promise to teach me the greatest Surah in the Qur'an. He (salAllahu alayhi wasalam) said, "It is `Alhamdu lillahi Rabbil Alamin (i.e., Surat Al-

Fatihah) which is As-Sab` Al-Mathani (i.e., the seven oft-repeated Ayat) and the Great Qur'an which is given to me." (Sahih Hadith)

Surah Al-Fatihah is often believed to be a synthesis of The Noble Quran. It in itself is a prayer at the very beginning of The Noble Quran, which acts as a preface of The Noble Quran and implies that the book is for a person who is a seeker of truth — a reader who is asking a deity who is the only one worthy of all praise (and is the creator, owner, sustainer of the worlds) to guide him to a straight path. It can be said to "encapsulate all of the metaphysical and eschatological realities of which human beings must remain conscious.

Bab 7 Surah 020 Taha

Surat Taha was revealed in Makkah and has 135 verses. Surat Taha is the first Surah of the Qur'an which has explained the Story of Moses (as) in details, and about 80 verses of it have been stated in this regard. A part of the Surah is upon the greatness of the Qur'an and the attributes of Allah SWT, while another part of it relates to the story of Prophet Adam AS and Eve (Hawa).

Abu Hurairah (RA) reported that Prophet Muhammad SAW said, A thousand years before creating the heavens and the Earth, Allah recited Ta-Ha and Ya-Sin, and when the angels heard the recitation they said, 'Happy are the people to whom this comes down, happy are the minds which carry this, and happy are the tongues which utter this. [Sahih Hadith]

Bab 8 Surah 112 Al-Ikhlas (The Sincerity)

While every single word of The Noble Quran is poetic and a miracle in itself, yet, there are different parts of The Noble Quran that are more reverend and more respected across the Muslim world. This preference and greater respect are not to be mistaken for the personal liking of the Muslims, rather there is evidence from hadith and Sunnah of Prophet Muhammad SAW that make a particular part of The Noble Quran gain more respect than the other.

Surah Ikhlas is one of the prominence surahs of The Noble Quran which holds the highest importance in Islamic contest. One can bring the biggest happiness in life while reciting Surah Ikhlas.Surah Ikhlas was revealed in Makah and it has 4 verses. Recitation of this surah brings a reward equivalent to reciting one-third of the Noble Quran.

It is one of the most recited Surahs of The Noble Quran and Muslim all across the world memorize it as one of the first Surahs when memorizing passages from The Noble Quran.

The person who recites Surah Ikhlas regularly is considered as clean. Reciting this surah enhances ones wisdom and whatever they do, they will get success in their life.

Many people who had been facing tough times were asked to recite Surah Ikhlas by spiritual personalities and most of them showed satisfaction and happiness after reciting Surah Ikhlas regularly. Another most interesting thing about this surah is that whoever recites it regularly is being protected from all kinds of diseases and viral infections.

Rewards and Benefits of Reciting Surah Ikhlas:

There are many benefits of reciting Surah Ikhlas some of them are given below that we all should know about:

a) Reciting Surah Ikhlas will give protection against every kind of affliction and calamity.

b) If surah Ikhlas is recited on regular basis it will break magic and completely destroys witchcraft, psychic attacks, and malicious magic spells.

c) Surah al Ikhlas is a means of forgiveness of sins

d) House in Jannah. ProphetMohammed (SAW) said: “Whoever recites Qul Huwa Allaahu Ahad ten times; Allah will build for him a house in Paradise.” (Saheeh al-Jaami)

e) Increase in the recitation of Surah Ikhlas is a means of attaining the love of Allah SWT The Lord of Earth & Heaven

f) The recitation of Surah Ikhlas in combination with Surah Fatiha before going to bed is a source of protection from all kinds of harms. Prophet Muhammad SAW said: “When you recite Surah Fatiha and Surah Ikhlas upon lying on your bed, you will be safeguarded and should become fearless of everything except death.”

g) Recitation of Surah Ikhlas brings the benefit of reward equal to the recitation of one-third of Quran. Our beloved Prophet Muhammad (SAW) said: “Say: He is Allah, Absolute Oneness..., By Him in Whose hand my soul is, it is equal to one-third of the Quran!” (Bukhari)

h) The constant recitation of Surah Ikhlas increases the presence of the angels at the time of death

i) Whoever recites Surah Ikhlas in his obligatory prayers Allah grants him good in this world as well as in the next life and forgives him, his parents and children

In short, it is essential that every Muslim Ummah realizes the importance of Surah Al-Ikhlas, memorize it and recite it on daily basis to receive numerous rewards and benefits. May Allah SWT(God) make us read this Surah in excess so that we can earn blessings from our Lord! In This Life and Hereafter

Ameen.........

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Biografi Penulis

“And give good tidings to those who believe and do righteous deeds that they will have gardens in Jannah Firdaus Paradise beneath which rivers flow.”

(From The Holy Quran)